

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Valencia Oranges

Oranges are good for you because: they are a good source of Vitamin C, which acts as an antioxidant and protects your body against damage from free radicals, and potassium.

Farm to School ~

The Valencia Orange is actually a hybrid orange that was bred to be sweeter than most other oranges. Valencia Oranges are grown in California and Florida and are typically the type of oranges found in orange juice.

Valencia Oranges are in season from March to June.

Selection and Storage ~

Select a firm, smooth and thin-skinned orange that is heavy for its size. Stay away from soft or moldy oranges.

You can store Valencia oranges in a fruit bowl for use within a week, or put them in the refrigerator for up to two weeks.

Origin ~ Where did it come from?

Valencia Orange was hybridized in the 1800s in Southern California – the area later was named Valencia, California due to the popularity of the fruit.

Fun Facts



Although it is from California, the Valencia Orange is named after a town in Spain called Valencia

Valencia Oranges are the only variety of oranges that are in season during the summer.



Word Search

V	A	K	I	T	N	V	V	E	N
A	C	L	E	I	I	Q	F	C	C
L	R	R	A	J	D	L	J	I	G
E	O	P	X	D	O	J	T	U	V
N	S	V	H	R	I	Z	J	J	Y
C	A	L	I	F	O	R	N	I	A
I	H	D	L	D	J	X	B	C	X
A	A	E	G	N	A	R	O	Y	I
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ORANGE COLORING



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